



Club de Natation Pointe-Claire Swim Club

Horaire d'entraînement 2025-2026 | Training Schedule 2025-2026



Groupe Group		Age	Entraîneur Coach	#	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	
Senior	Senior A	16+	Brad Dingey	9x	5:30 - 7:30 am P		5:30 - 7:30 am P		5:30 - 7:30 am P	6:00 - 8:00 am P	
					6-50 LCM 1-6		10-50 LCM 0-4		6-50 LCM 1-6	10-50 Shallow 5-9	
					3:00 - 4:00 pm D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	8:00 - 9:00 am D	
					Weight Room, MP1-3, and Gym	MP1-3 and Weight Room	Weight Room, MP1-3, and Gym	MP1-3 and Weight Room	MP1-3 and Weight Room	Weight Room, MP1-3	
					4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P		
					10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4		
					6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D		
					Stretching on 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck		
	Senior B	Caleb McKay Mark McLellan	8x		5:30 - 7:30 am P		5:30 - 7:30 am P			6:00 - 8:00 am P	
					6-50 LCM 1-6		6-50 LCM 1-6		10-50 Deep 6-9		
				3:30 - 4:30 pm D		3:30 - 4:30 pm D					
Weight Room					Weight Room						
4:30 - 5:30 pm P				3:00 - 4:00 pm P	4:30 - 5:30 pm P	4:00 - 4:30 pm D					
MP4				6-50 Deep 1-6	Weight Room	6-50 Deep 1-6	Activation in MP4				
4:30 - 6:00 pm P				5:30 - 6:00 pm D	4:00 - 6:00 pm P	5:30 - 6:00 pm D	4:30 - 6:00 pm P				
6-50 Deep 1-6	Stretching on 10-50 Deck (1)	10-50 Shallow 5-9	Stretching on 6-50 Deck (1)	6-50 Deep 1-6							
Junior	Junior A	13-15 yrs.	Phil Garverick	8x	5:30 - 7:30 am P		5:30 - 7:30 am P		5:30 - 7:30 am P	6:00 - 8:00 am P	
					10-50 LCM 0-4		6-50 LCM 1-6		10-50 LCM 0-4	10-50 Shallow 0-4	
					3:00 - 4:00 pm D	3:00 - 4:00 pm D		3:00 - 4:00 pm D	3:00 - 4:00 pm D	8:00 - 9:00 am D	
					Weight Room, MP1-3, and Gym	MP1-3 and Weight Room		MP1-3 and Weight Room	Weight Room and MP1-3	Weight Room, MP1-3	
					4:00 - 6:00 pm P	4:00 - 6:00 pm P	4:00 - 6:00 pm P	4:00 - 6:00 pm P	4:00 - 6:00 pm P		
					10-50 Shallow 5-9	10-50 Shallow 5-9	10-50 Shallow 5-9	10-50 Shallow 5-9	10-50 Shallow 5-9		
					6:00 - 7:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm D		
					Dryland Make Up (If missed 3-4pm)	Dryland Make Up (If missed 3-4pm)		Dryland Make Up (If missed 3-4pm)	Dryland Make Up (If missed 3-4pm)		
	Junior B		Natalia Kalbarczyk	7x		5:30 - 7:30 am P		5:30 - 7:30 am P			6:00 - 8:00 am P
						10-50 Deep 0-4		10-50 Deep 0-4		10-50 Deep 0-3	
					4:15 - 4:30 pm D		4:15 - 4:30 pm D	4:15 - 4:30 pm D	4:15 - 4:30 pm D	8:00 - 9:00 am D	
					Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	MP4	
					4:30 - 6:30 pm P	4:30 - 6:30 pm P	4:30 - 6:30 pm P	4:30 - 6:30 pm P	4:30 - 6:30 pm P		
					10-50 Widths	10-50 Widths	10-50 Widths	10-50 Widths	10-50 Widths		
					6:30 - 7:00 pm D	6:30 - 7:00 pm D	6:30 - 7:00 pm D	6:30 - 7:00 pm D			
					Dryland on 10-50 Deck (3)	Dryland on 10-50 Deck (2+4)	Dryland on 10-50 Deck (2+4)	Dryland on 10-50 Deck (2+4)			
	Junior C		Mark McLellan <i>*Jamie Rochon</i>	7x					5:30 - 7:30 am P		6:00 - 8:00 am P
									10-50 Shallow 0-1	6-50 Deep 1-4	
					5:00 - 6:00 pm D	5:45 - 6:00 pm P	5:00 - 6:00 pm D	5:45 - 6:00 pm P	5:00 - 6:00 pm D		
					MP1-3	Activation on 10-50 Deck (2+4)	Gymnasium	Activation Gymnasium	MP1-3		
	Sport-Études		Etienne Paquet Stephanie Shewchuk	6-8x		5:30 - 7:30 am P				5:30 - 7:30 am P	6:00 - 8:00 am P
					10-50 LCM 0-4				10-50 LCM 0-4	10-50 Shallow 0-4 or 10-50 Deep 4-5	
					1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D		
					MP1-3 and Mezzanine	MP1-3	MP4 and Mezzanine	MP1-3	MP1-3 and Mezzanine		
2:00 - 4:00 pm P		2:00 - 4:00 pm P			2:00 - 4:00 pm P	2:00 - 4:00 pm P	2:00 - 4:00 pm P				
10-50 Shallow 0-9		10-50 Shallow 0-9			10-50 Shallow 0-9	10-50 Shallow 0-9	10-50 Widths and 6-50 Deep 1-6				
Age Group	Age Group A	11-12 yrs.	Erica Dobby Caleb McKay	6x						7:00 - 8:00 am D	
										MP1-3	
					5:30 - 6:30 pm D	6:15 - 6:30 pm D	6:00 - 6:30 pm D	6:15 - 6:30 pm D	5:30 - 6:30 pm D	8:00 - 9:30 am P	
					Gymnasium	Activation on 10-50 Deck (3+4)	MP1-3	Activation on 10-50 Deck (3+4)	Gymnasium	10-50 Shallow 0-3	
	Age Group B		Danylo Sosnovik Jordan McKay <i>*Jamie Rochon</i>	6x							7:00 - 8:00 am D
										Gymnasium	
					6:15 - 6:30 pm D	5:30 - 6:30 pm D	6:15 - 6:30 pm D	5:30 - 6:30 pm D	6:15 - 6:30 pm D	8:00 - 9:30 am P	
					Activation on 10-50 Deck (4)	Gymnasium	Activation on 10-50 Deck (2+4)	MP4	Activation on 10-50 Deck (2+4)	10-50 Shallow 4-7	
	Age Group C		Gabrielle Pomerleau	6x							7:00 - 8:00 am D
										Gymnasium	
					5:00 - 6:00 pm D	5:45 - 6:00 pm D	5:00 - 6:00 pm D	5:45 - 6:00 pm D	5:45 - 6:00 pm D	8:00 - 9:30 am P	
					MP4	Activation on 6-50 Deck (2)	MP1-3	Activation on 6-50 Deck (2)	Activation on 6-50 Deck (2)	10-50 Shallow 8-9	
10 and Under Program	Bout de Chou 1AB	10 years old	Nicole Waldie (A and D) Bianca Gaul (B and C)	5x						6:30 - 8:00 am	
										6-50 Deep 5-6 and 6-50 Shallow 1-6	
					5:30 - 6:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm P	7:00 - 8:00 pm P	6:00 - 7:00 pm D		
					Activation on 10-50 Deck (1+2)	Mezzanine and MP1-3	Activation on 10-50 Deck (2+4)	MP4 and Mezzanine	MP4 and Mezzanine		
	Bout de Chou 1CD		5x							6:30 - 8:00 am	
									6-50 Deep 5-6 and 6-50 Shallow 1-6		
				6:00 - 7:00 pm D	5:30 - 6:00 pm D	6:00 - 7:00 pm D	5:30 - 6:00 pm D	6:00 - 7:00 pm D			
				Mezzanine and MP4	Activation Mezzanine and MP1-3	Gymnasium	Activation Mezzanine and 10-50 Deck (1)	Activation Mezzanine and 10-50 Deck (1)			
	Bout de Chou 2ABC	8-9 years old	Caitlin Miller (A and D) Melissa Allan (B and E)	4x		5:15 - 5:30 pm	6:15 - 7:00 pm D	5:15 - 5:30 pm		8:15 - 9:15 am P	
						Activation on 6-50 Deck (1+2)	Mezzanine and on 10-50 Deck (1)	Activation on 6-50 Deck (1+2)	10-50 Widths		
					5:30 - 6:30 pm P	6:30 - 6:45 pm D	5:30 - 6:30 pm P	6:00 - 6:45 pm P	9:15 - 9:30 am D		
					6-50 Deep 1-6	6:50 - 7:30 pm D	6-50 Deep 1-6	6:45 - 7:00 pm D	Stretching in MP4		
Bout de Chou 2DEF	4x								6:45- 7:00 am D		
								Activation in Gymnasium			
			5:45 - 6:30 pm D	5:15 - 6:00 pm D	5:45 - 6:30 pm D	5:45 - 6:30 pm D	7:00 - 8:00 am P				
			Dryland on 6-50 Deck (1) and MP4	Mezzanine and 10-50 Deck (1)	Dryland on 10-50 Deck (1) and Mezzanine	Activation Mezzanine and 10-50 Deck (1)	Yards Pool				
Bout de Chou 3ABC	8 years and under	Alyssa Ross (A and D) Justine Gonzalez (B and E)	3x								
				5:45 - 6:00 pm D				5:45 - 6:00 pm D			
				Activation on 6-50 Deck (1+2)			Activation in MP4 and 6-50 Deck (1)				
				6:00 - 6:45 pm P	6:30 - 6:45 pm D	6:00 - 6:45 pm P	6:00 - 6:45 pm P				
Bout de Chou 3DEF		3x									
			6:30 - 6:45 pm D	6:00 - 6:45 pm P	6:30 - 6:45 pm D	6:30 - 6:45 pm D					
			Activation on 6-50 Deck (1+2)	6-50 Deep 1-6	Activation on 6-50 Deck (1+2)	Activation on 6-50 Deck (1+2)					
Bout de Chou 3DEF		Julia Randolph (C and F)	3x								
				6:45 - 7:30 pm P	6:45 - 7:30 pm P	6:45 - 7:30 pm P	6:45 - 7:30 pm P				
				6-50 Deep 1-6	Stretching on 6-50 Deck (1+2)	6-50 Deep 1-6	6-50 Deep 1-6				